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THE WELL AT WORK NEWSLETTER

Australia's leading corporate health and wellness newsletter

Inform and inspire your employees about health, wellness and safety with our employee health newsletter, Well at Work.

It's an engaging, high impact resource which sends a clear message to your employees that you care about their health.

Digital or Print

Well at Work is available in three formats:

1. 1. Print: professionally printed 8 page full colour
2. 2. PDF: to post on your intranet or email
3. 3. eMagazine: online magazine style

Customised to look like your own newsletter

Well at Work can be customised to show your logo, your company name (or name of your health program), and even your own article on the front or back page.

Expert articles, reliable research

Our writers explain new research findings; examine health trends, fads and fallacies; and provide positive, proactive and realistic advice that employees of all health levels can immediately apply.

Subscriptions to suit your budget

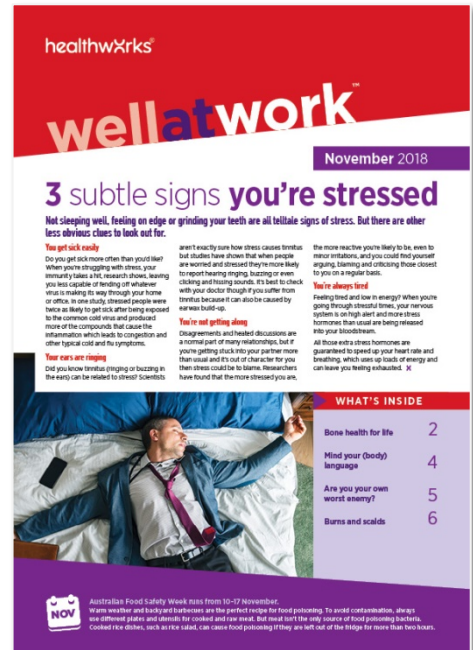
Well At Work is published monthly, but you don't need to buy it every month. You can choose to receive it bi-monthly or even quarterly.

Contents

In each monthly edition, Well At Work covers three key areas of health, wellbeing and safety:

1. Body Works: nutrition and exercise.
2. Mind Works: positive psychology, stress-reduction and mental health.
3. Safety Works: occupational safety issues and first aid.

The articles are positive, proactive, and geared to appeal to employees of all health levels.



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CUSTOMISING THE WELL AT WORK NEWSLETTER

You can customise the newsletter in three ways. For the print version, we require your information and files at least six weeks in advance of the issue you want to receive. For the digital version, we require your information at least two weeks in advance of the issue you want to receive.

1. Include your logo on the cover

The entire header area of 210mm x 65mm may be customised to feature your own logo, motto, program name, newsletter title – whatever you choose.

We require that your logo be provided as an .eps, .ai or suitable vector file. We may also need the colours used in the header, if you are able to provide those (CMYK or Pantone). If you would like the colour to match to your letterhead, please provide a sample of that.

2. Include your own message on the back page

This is a small area on the back page that normally features a “Did You Know” article. If you choose this option, the “Did You Know” article is replaced by your custom article. This area can be used for a standard message such as “See your OHS Rep if you have any OHS issues” or it can be used to provide a company specific article on an event such as “We are pleased to announce that we will be providing flu shots this May...”. The maximum word count of the article should be not more than 150 words.



3. Include your own full page 1 and/or 8

You can choose to replace the issue’s current page 1 and/or 8 with your own articles. These can feature company specific news, photos and events.

For the front page, the article should be no more than 400 words. One photo is recommended, although you can choose to have more. You can also choose to include a secondary article if you want to replace the “What’s inside” area on the bottom third of the page. This article should be no more than 200 words.

For the back page, the article should be no more than 600 words. You can of course, choose to have two smaller articles, but the total word count should not exceed 600.



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WELL AT WORK PRICING AND ORDER FORM

Call us on 1300 90 10 90 to ask for a quotation, or calculate using the pricing table and order form. Please confirm your order via fax or email.

Pricing for Classic Version

Quantity	Standard each	Customised each
10-49	\$2.05	-
50-99	\$1.75	\$2.45
100-149	\$1.50	\$2.15
150-249	\$1.45	\$1.95
250-499	\$1.40	\$1.75
500-999	\$1.35	\$1.65
1000+	p.o.a	p.o.a
Set up fee:	-	\$200.00

Plus delivery and gst. Effective December 2018.

The order volume price is based on the number ordered *per issue* and not the total number ordered per year

Pricing for Digital Version

Staff Numbers	Cost per issue	Customisation options
To 49	\$80	Your own logo: Setup fee \$75+gst per month
50-99	\$110	
100-199	\$200	
200-299	\$300	
300-399	\$400	Printable \$160+gst per issue
400-499	\$500	
500-599	\$550	
600+	p.o.a.	

Plus gst. Effective December 2018

Customisation Options

If you order over 50 copies, there's a range of customisation options available to you.

1. Your own title and logo for the header

Reinforce your organisation's commitment to health and safety, or use the newsletter as a marketing tool for your clients by featuring your own logo and message on the cover.

2. Your own message on the back page

Include your contact details, upcoming events, or a short article on the back page.

3. Your own article on the front or back pages

Make the newsletter your own with custom content. This option can be used every issue or just when required. Simply supply your own article and photos via email and let our designer take care of the rest.

Setup cost	Paper	Digital
Logo	\$200.00 (once)	\$75.00 (each issue)
Back page message	\$175.00 (once)	\$75.00 (each issue)
Page 1 or 8 article	\$1050.00 (each issue)	\$500.00 (each issue)
Page 1 AND 8 article	\$1750.00 (each issue)	\$800.00 (each issue)

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WELL AT WORK NEWSLETTER ORDER FORM: SPECIAL OFFER

Contact		→ Newsletter Version	<input type="checkbox"/> Paper <input type="checkbox"/> Digital (PDF) <input type="checkbox"/> Digital (Online)	
Position		→ Copies per issue / band of users:		
Company		→ Issue Frequency Subscriptions are annual	<input type="checkbox"/> Monthly - every month <input type="checkbox"/> Bi-monthly – ever 2 months <input type="checkbox"/> Quarterly – every 3 months	
Address (include street address for delivery of paper version)		→ Customisation Option	<input type="checkbox"/> Standard <input type="checkbox"/> Own Title and Logo <input type="checkbox"/> Own message on back <input type="checkbox"/> Own article on page 1 &/or 8 <input type="checkbox"/> Printable (Digital only)	
		→ Delivery for paper version	<input type="checkbox"/> One site <input type="checkbox"/> Multiple	
Phone / fax			Paper	Digital
Email		Price per Copy:	\$	\$
Delivery email (for digital version) We recommend TWO email addresses.	1.	SubTotal per issue	= \$	= \$
	2.	Delivery per issue (n/a for Digital version)	\$	
Invoice type	<input type="checkbox"/> Per issue <input type="checkbox"/> Annual (12 month)	Customisation for Digital version (n/a for Classic version)	Printable: \$	
			Logo: \$	
Purchase order (if required)		Ex GST Total	= \$	
<p>The subscription for the Well at Work newsletter is for a period of 12 months, commencing the day that Healthworks receives confirmation as outlined below. The Well at Work subscription will roll-over at the end of the period and continue at the same frequency as set out in the order form above. A price rise of not more than 3.5% may occur every financial year. For a cancellation to take place, Healthworks must receive 60 days notice in writing.</p> <p>Orders placed before October 2019 and paid up front for 12 months will receive an extra 2 months free.</p> <p>By resending this document I agree to the above terms and prices for the Well at Work Newsletter.</p>		+ GST (10%)	+ \$	
		Total per issue	= \$	
		Logo Set-Up Cost	+ \$	+gst
		Total for first month	= \$	+gst

Title: _____ Date: _____

Signature: _____ 1st issue: _____

(the month you would like the subscription to start)

Email well@healthworks.com.au

SPECIAL OFFER: GET 14 MONTHS WHEN YOU ORDER 12